

Stretching Activities

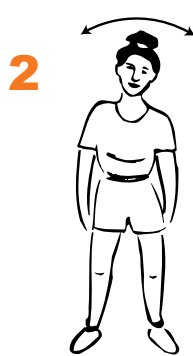
Do these stretches gently and slowly. Do not bounce.



1

Deep Breathing

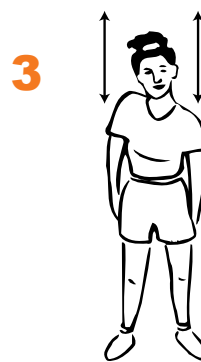
Arms up, breathe in. Arms down, breathe out. Two times each.



2

Neck

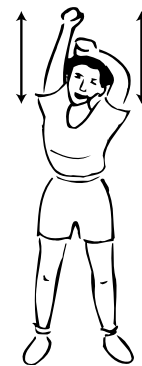
Side to side two times.



3

Shoulder

Up and down five times on each side.



4

Side

Up and down five times in each direction.



5

Waist

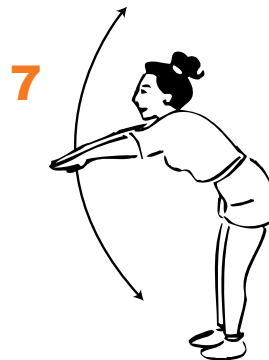
Side to side three times in each direction.



6

Twists

Side to side three times in each direction.



7

Back and Legs

Down and up five times.



8

Back

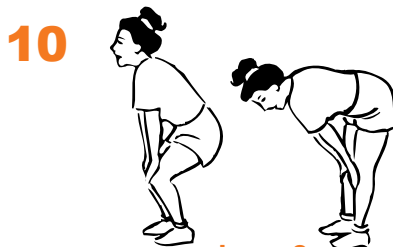
Arms through legs six times.



9

Legs 1

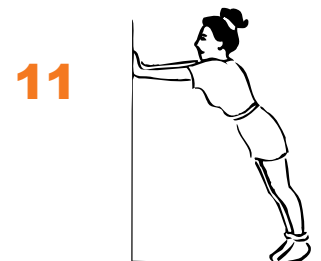
Hold onto ankle, four times on each side.



10

Legs 2

Down and up five times.



11

Legs 3

Move heels up and down six times.



National Heart, Lung,
and Blood Institute

December 2013



COMMUNITY HEALTH WORKER
HEALTH DISPARITIES INITIATIVE